



*Your visit, a  
smile, a kind  
word, and  
encouragement  
will mean a lot  
to someone  
and it will open  
the door to a  
great experience  
and a new  
friendship  
for you*



**FRIENDLY VISITOR PROGRAM**

**Town Hall  
2 Renshaw Road  
Darien, CT 06820**



# FRIENDLY VISITORS OF DARIEN



Inta Adams, Coordinator  
Town Hall, Darien  
Sponsored by the Town of Darien

## THE FRIENDLY VISITOR PROGRAM

### A Friendly Visitor:

- \* cares about the elderly of our community and is interested in making a difference in their lives by sharing a bit of their time and themselves;
- \* is a good listener, patient, and kind;
- \* supports the dignity and feeling of self-worth of an aging friend;
- \* is a person of any age who would enjoy the company of an elderly friend;
- \* usually visits weekly for about an hour to provide reassurance and social contact.;
- \* receives individual orientation and information on community resources;
- \* receives ongoing support provided through Darien Social Services.

Caring men and women are matched to Darien seniors who may be housebound, lonely or in need of companionship.

The program also links seniors with community resources.

*"Staying active and connected to people keeps everyone young. Do yourself and someone else a favor by becoming a Friendly Visitor Volunteer!"*

For



more information,  
to volunteer or refer a senior  
please call:  
Inta Adams  
Tel. 656-7321  
iadams@darienct.gov  
Darien Social Services at  
656-7328

### A Senior Friend:

- \* is someone who may be feeling lonely;
- \* may not get "out and about" as much anymore;
- \* would like to make a new friend;
- \* has family who may live out of town, or be nearby and facing their own problems, or busy lives;
- \* to alleviate those "long days" would like:
  - ~ a good chat,
  - ~ someone to listen,
  - ~ a ride or a walk,
  - ~ go shopping,
  - ~ being read to,
  - ~ to play cards,
  - ~ to do a craft project,
  - ~ listen to music,
  - ~ help in writing a letter,
  - ~ pursue an old hobby,
  - ~ anything you both enjoy!

## *Would you like to Be a Shopper?*

Being a Shopper provides the chance to touch the life of an elderly person in a meaningful way. As a Shopper you do the grocery shopping for a homebound senior to enable them to live at home while maintaining their independence.

## *Who are Shoppers?*

A Shopper can be of any age.

They are reliable, patient, trustworthy and are willing to give some time to help a senior.

The volunteer goes to senior's house, picks up the grocery list and the money, and then returns to the home with the items and any change.

## *How does the Program work?*

Call for an application to become  
a volunteer.

The staff will match the volunteer  
and a Darien senior who  
has requested a shopper.

You will receive ongoing support through *Darien Social Services*.

*Call Mary Bernat or  
Inta Adams  
at (203) 656 -7328*

## *Would you like to Have a Shopper?*

If you are a senior who may not find it easy to grocery shop for yourself, perhaps a Senior Shopper is exactly what you need.



## *Who are Shoppers?*

This is a free service of  
*Darien Social Services*

You give the volunteer a detailed grocery list, a personal check or cash and the shopper comes back with the items and any change.

The day and time is set up by mutual agreement between you and the volunteer shopper.

*Call Mary Bernat or  
Inta Adams  
at (203) 656-7328*